

The Morning Calm Weekly

Volume 3, Issue 31

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

May 27, 2005

Camp Walker celebrates Armed Forces Day

Page 26



Bradley gunners rock and roll at Rodriguez Range

Page 7



The Morning Calm Weekly is



Visit <http://ima.korea.army.mil>



ALEX HARRINGTON

Eyes on Target

Bravo Company Soldier Spc. Fabion Gamble, 24, of the 164th Air Traffic Services applies lessons learned from Iraq and Afghanistan during a live-fire exercise near the Demilitarized Zone, May 14. For related story, see Page 10.

New law to affect SGLI payments, premiums

By Donna Miles

American Forces Press Service

WASHINGTON—Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The

traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed

See SGLI, Page 4

Military canines compete for title of 'top dog'

By Spc. William Scott

8th Military Police Brigade

OSAN AIR BASE -- The top Military Working Dog Teams from around the peninsula gathered here May 16 – 20 for a grueling week-long competition to determine whose time it was to shine as the best in their field.

Competing in the event were teams from the 728th and 94th MP battalions, 14th MP Detachment, the Air Force's 8th and 51st Security Forces Squadron, and ROK Customs out of Incheon. These competitors had already been singled out by their organizations as the best, a tribute in

itself to the skill and ability of the dogs and their handlers.

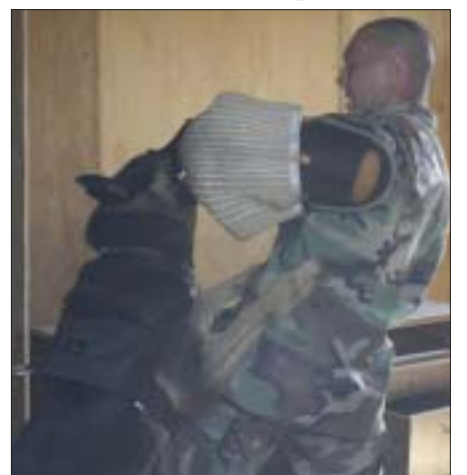
The first event of the competition was explosive and narcotics detection in buildings and vehicles. This event brought out the most obvious difference in styles among the teams, with the ROK Customs teams showing a much faster and less methodical search style than the American teams.

Styles may have varied greatly but points did not, close scoring in these events would set the tone for the rest of the competition. At the end of the day, first place in the explosive

detection event went to Staff Sgt. Jeffrey Stepp of the 51st SFS, out of Osan Air Base and first place in the narcotics detection event was taken by the ROK Customs' Park, Chang Ryeol and Neo.

Day two brought the obedience and controlled aggression competitions that tested the dogs' response to hostile subjects and the handlers' control over their dogs.

The ability of the dogs to take down hostile subjects was only a small part of the overall event. The dogs must



SPC. WILLIAM SCOTT

Military Working Dog Dano "attacks" Staff Sgt. John McClean, 728th MP Battalion, during competition.

See Dogs, Page 13

Career options abound for airmen

By Airman 1st Class Juanika Glover
8th Fighter Wing Public Affairs

It seems like it was only yesterday that I arrived at basic training, wondering what I had gotten myself into. Three years go by fast. It was already time to talk to the career assistance advisor. It's his duty to tell Airmen approaching their last year of enlistment to make a tough choice: retrain, apply for a career job reservation or look at options outside of the Air Force.

I was a bit frantic. I knew the decision I had to make would affect a large portion of my future.

So the more homesick and lonely I began to feel, the more excuses I found not to remain in the Air Force. I began to question everything. Anything that upset me became a reason for me to get out. Each time someone said something I did not want to hear, I reminded myself all I had left was a year. Everything from my distaste for military acronyms to the sound of reveille became a reason to put the Air Force behind me.

Then one day after reading a letter my little brother wrote me, I realized I had only been focusing on the negative things. In his letter, he asked me what Korea was like and if I still enjoyed being in the Air Force. He wanted to hear about all the things I had been doing during my time here. Then he mentioned, as he often does, how disappointed he was that his asthma would keep him from ever becoming a servicemember.

I felt so bad and guilty because the thing I wanted to throw away was the same thing he viewed as a treasure and great opportunity.

Since reading that letter, I've reevaluated my thinking. Instead of focusing on the negative things, I reviewed all the pros and cons. I decided the choice I made would be based on what would be best for my future and not what made me angry.

I researched all my options carefully. I found out there were more than 45 Air Force specialties on the 2005 retraining list. I spoke with Air

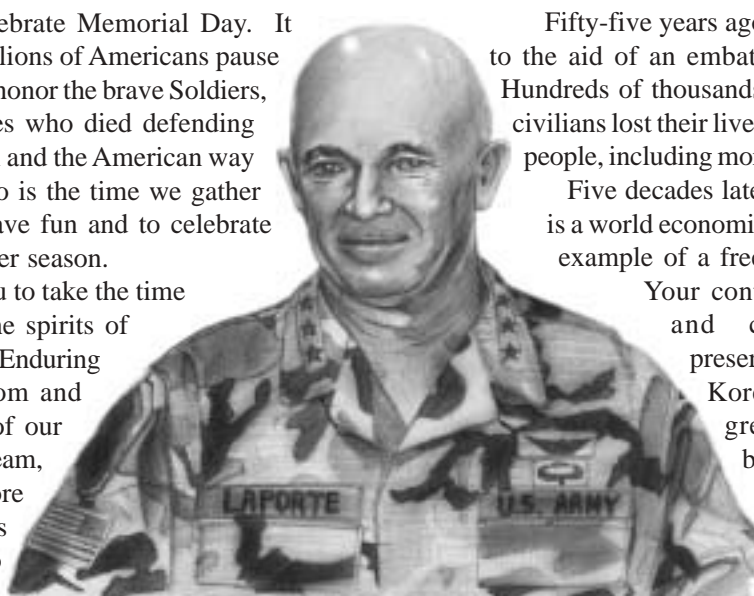
Taking time to honor those who serve

This week we celebrate Memorial Day. It is a day when millions of Americans pause to remember and honor the brave Soldiers, sailors, airmen and Marines who died defending our nation, our Constitution and the American way of life. Memorial Day also is the time we gather together to barbecue, to have fun and to celebrate the beginning of the summer season.

This year, I ask you to take the time to pay special tribute to the spirits of those fighting in Operations Enduring Freedom and Iraqi Freedom and particularly the members of our own 2nd Brigade Combat Team, 2nd Infantry Division. More than 50 of our own heroes who answered the call to duty have perished in Afghanistan or Iraq.

Those young servicemembers were fighting a war not unlike the Korean War. The Global War on Terrorism came swiftly and without warning, as did the attack on the Republic of Korea in 1950. Our warriors answered the call to defend freedom now, just as they did then; and gave their lives to defend the freedom of many. Now more than ever, we recognize what it means to celebrate and honor the lives of those who made the ultimate sacrifice.

Fallen comrades are not forgotten; they remain with us daily, remembered in our hearts and minds. We are grateful for the privilege of knowing them and having them included in our lives. Their service came not as a burden but as a duty. What is finest about our nation — the traditions of individual freedom, justice, equality and opportunity — is sustained because of them.



Fifty-five years ago, the United States came to the aid of an embattled Republic of Korea. Hundreds of thousands of servicemembers and civilians lost their lives in defense of the Korean people, including more than 33,000 Americans.

Five decades later, the Republic of Korea is a world economic power and a compelling example of a free and democratic nation.

Your continued dedication, pride and commitment to the preservation of freedom here in Korea serve to honor those great patriots who served before you. The professionalism you show daily in the name of peace and democracy demonstrates to the world that our traditions live on.

Please take a moment during your summer celebrations to remember and reflect on the sacrifices made by so many to defend the noble causes of liberty and democracy. Honor those Soldiers, sailors, airmen and Marines who gave their all to preserve freedom. Join me in expressing our deepest appreciation for those whose service and sacrifice gives us an enduring legacy.

Thank you for your selfless service here in the Republic of Korea. Let our days be guided by the memory of those who gave their lives for our liberties and the peace and freedom of the Republic of Korea. May their sacrifice continue to inspire us and to fill us with hope.

GEN Leon J. LaPorte
Commander, UNC/CFC/USFK

National Guard and Air Force Reserve recruiters about fulltime and part time non-active duty positions.

I discovered there were more than four different ways I could earn a commission as an officer. I even found out there were many avenues for joining the civil service. Most importantly, I learned even if I wasn't quite ready to reenlist or ready to get out, I could extend my time up to 24 months.

There are so many options out there that no airman should be afraid of force shaping or the whole CJR thing. However, before making any decisions, Airmen must ask themselves several important questions. Will the job I want to cross

train into benefit me as a civilian? If I don't stay in, do I have enough money to survive in case I don't get a job right away? How will my decision affect my spouse? Do I have enough time on station to retrain? Do I enjoy what I do enough to want to continue doing it for the rest of my Air Force career? If I choose to get out, do I have enough knowledge about applying for civilian jobs? What are my options for coming back in if I get out and don't like it?

The list of questions can run in the hundreds, but they should probably remain simple and cater to every first term Airman's basic needs.

Most importantly, airmen should

not make decisions because of the influence of another person or the need to please someone else. It's also important not to make a decision based on single incidents that may have upset us. You should not get out just because you may not like your current supervisor or commander. Remember, cloudy days are guaranteed to show up from time to time, but the sun is sure to shine again.

At the end of our enlistment, we will have no one to blame but ourselves for the choices we've made. Every airman should end their Air Force career with no regrets. What ever decision you make, be sure it's the right choice for you.

Published by IMA-Korea Region

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of The Morning Calm Weekly are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Army.

The editorial content of this weekly publication is the responsibility of the IMA-Korea Region, Public Affairs, APO AP 96205.

Circulation: 12,500

SUBMISSIONS OR COMMENTS:

Phone: DSN 738-3355

Fax: DSN 738-3356

E-mail: MorningCalmWeekly@korea.army.mil

Morning Calm

Installation Management Agency-Korea Region

Director/Publisher

Brig. Gen. H.T. Landwermyer Jr.

Public Affairs Officer

John A. Nowell

Editor

Staff Sgt. Mark Porter

Area I

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Jeffery T. Christiansen
Margaret Banish-Donaldson
David McNally
Spc. Stephanie Pearson

Area III

Commander
Public Affairs Officer
Staff Writer

Col. Michael J. Taliento Jr.
Susan Barkley
Roger Edwards

Area II

Commander
Public Affairs Officer
CI Officer
Staff Writer

Col. Timothy K. McNulty
Steve Davis
Alex Harrington
Sgt. Christopher Selmek

Area IV

Commander
Public Affairs Officer
CI Officer
Staff writer

Col. Donald J. Hendrix
Kevin Jackson
Galen Putnam
Pvt. Park Kwang-mo

Printed by Oriental Press

Printed by Oriental Press, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command-Korea. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Oriental Press of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin,

age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

President: Charles Chong

Commercial Advertising

Telephone: 738-5005

Fax: (02) 790-5795

E-mail: oppress@kornet.net

Mail address: Oriental Press,
PSC 450, Box 758, APO AP
96206-0758

Support and Defend

NEWS & NOTES

Combined Joint Staff Seeks Command Narrator

The Secretary Combined Joint Staff is seeking a command narrator. The narrator performs duties for all UNC/CFC/USFK Honor Guard and Award Ceremonies. The narrator must possess the ability to speak English clearly. Bearing, professional image and ability to quickly adapt to changing situations is a must. The ability to communicate with foreign dignitaries, general officers and distinguished visitors is essential. The narrator position is open to O-1 through O-3 and E5 through E7. Interested personnel may contact Maj. Floyd, at 723-5227 or Sgt. Maj. Shirley Garrett, at 723-3615 to set up an interview.

Changes in Ration Control Registration

The USFK will require that all family members, including children under 10 years of age, be registered in the Defense Biometric Identification System. Registering all family members will allow USFK to make a better estimate of the Department of Defense affiliated noncombatant population for NEO. This registration initiative will also provide the USFK ration control system with accurate family size information to more accurately determine if commissary spending limits are being exceeded. To register in DBIDS, report to any DBIDS registration desk. For children without an ID card, the sponsor or parent must present the parent or sponsor's DoD ID card and an original/certified copy of the child's birth/adoption certificate. The child's passports are a suitable substitute for birth certificates if it's not available.

Community Bank Schedule Change

Community Bank will no longer be closed for two hours during the workday. The new system will allow all transactions to be transmitted electronically, thus, decreasing the need for tellers to have to do manual input. How does this benefit you? It will decrease the time spent at teller windows as well as decrease the chance for error. This system along with Check 21 means that checks will now clear within 24 hours instead of the usual 3-5 working days. Perhaps most importantly, Community Bank will now be open more hours.

In order to implement the new system, each branch will close for one day. The following branches will be closed on the indicated implementation dates (new operating hours are listed as well):

CRC, closed Wednesday, open Tuesday thru Friday, 9:30 a.m. - 5:30 p.m.; Saturday, 9:30 a.m. to 3:30 p.m.

Camp Stanley, closed Thursday-June 1, open Tues. - Fri., 9:30 a.m. - 5:30 p.m.; Saturday, 9:30 a.m. to 3:30 p.m.

Camp Casey, closed June 7, open 9:30 a.m. - 5:30 p.m.; Saturday, 9:30 a.m. to 3:30 p.m.

Camp Hovey, closed June 8-9, open 9:30 a.m. - 5:30 p.m.; Saturday, 9:30 a.m. to 3:30 p.m.



PHOTOS BY 2ND LT. NEIA POWELL

Air Defense equipment is moved to a C5-A at Osan Air Base during 1-43 Air Defense Artillery Battalion's air load training May 20.

Air defenders practice air load ops

By 2nd Lt. Neia Powell

1-43 ADA Bn. Public Affairs

OSAN AIR BASE — In a rare training event, the 1-43 Air Defense Artillery Battalion set out recently to conduct air load operations. The purpose of this training was to ensure the unit's Soldiers know the process, and know how to handle the equipment if the battalion ever needs to deploy with its equipment.

At 1 p.m. May 20, two PATRIOT radar were loaded onto a C5-A here. But the operation began hours earlier as

Soldiers from 3rd Maintenance Company, 1-43 ADA, began readying the radar for inspection. "The Air Force is very picky when it comes to their planes. Any dirt or potentially corrosive material must be removed prior to loading," WO2 Kevin Olson explained.

Since the previous night until nearly 4 a.m., 3rd Maint. Co. Soldiers painstakingly washed the two pieces of equipment. Once the Air Force load master inspected the equipment, it was then weighed and measured.

"The total weight for each radar

must be determined in order to center them within the aircraft," said WO2 Gregg Hunterin. "Without the proper balance, the plane cannot takeoff or land correctly."

Each radar was placed on a group of six scales in order to determine the front, middle and rear weight. "We weigh the front, middle and rear of the equipment to determine the center of gravity," Air Force Inspector Sr. Airman Tristen Wachter pointed out.

The height, length and width of each radar was then measured to determine how low the C5-A must be lowered for proper loading, or to determine if the radar is too large to fit into the plane.

Once each radar was fully inspected, they were front loaded onto the aircraft. The front-loading of the C5-A requires the vehicles to backup into the airplane. The nose of the aircraft is raised, and the bottom is lowered to create a ramp. However, the difficulty lies within the weight of the equipment and the backward movement up the ramp.

But the maintenance drivers were confident and once both radar were loaded, their smiles and the words "too easy" were all that was needed to prove they were ready for an actual mission.



Airmen measure Patriot equipment during air load operations at Osan Air Base, May 20.

'Minister of Encouragement' humors National Prayer Breakfast gathering

By Sgt. Park Jin-woo

Area II Public Affairs

YONGSAN GARRISON — The Trinity Broadcasting Network's acclaimed "Minister of Encouragement" entertained a gathering of more than 200 at the National Prayer Breakfast May 20 on Yongsan South Post.

Dr. Dennis Swanberg, also known as "The Swan," is known for using laughter as a tool to break down barriers and promote faith and family values in a lighthearted and humorous way.

He was true to form as the packed Dragon Hill Lodge Naija Ballroom filled with laughter as Swanberg wove folksy tales about his family, friends and others who have influenced him. His down-home anecdotes told with a Texas twang were dotted with impressions of actors John Wayne and Jimmie Stewart, boxer Mohammed Ali, comedian Don Knotts, former President Ronald Reagan and others who he said have planted "shade trees" of comfort and hope in his life.

Throughout his message, Swanberg used the analogy of planting shade trees to provide hope and a positive future for

those who follow.

"There are people in your lives who plant shade trees of hope," said Swanberg, referencing the Biblical prophet Jeremiah, who had the vision of building a paradise in the ruins of besieged Jerusalem. He also talked about those who have influenced him, especially his family in Austin, Texas.

He tickled the crowd with tales about his father and mother. "Floyd Leon and Pauline Bernadine. Aren't those great names?" said Swanberg, referring to his parents. "Floyd Leon, that's my daddy. He was in the 36th Infantry Division. He did his boot camp down at Fort Polk, La., where you learn to meet God face-to-face. That's where my daddy decided he was going to live for the Lord. I think it was hotter than you-know-what and God got a hold of him."

"When I went to the DMZ, I remembered my father," said Swanberg, who has been to Korea once before. He said his father planted a shade tree by enduring hardships in the military and by being a good example.



Sgt. Park Jin-woo

Dr. Dennis Swanberg, also known as "The Swan," shows his abdominals with an exclamation to the audience saying the words "age gets to ya!!" during his breakfast message. Swanberg was the guest speaker at the National Prayer Breakfast held at the Dragon Hill Lodge, Najja Ballroom, May 20.

Prayer from Page 3

"You here in Korea are [also] planting shade trees others can sit under," he said.

Swanberg said it takes three things to a plant shade tree: surrender to God's will, resources and vision.

"I believe your generals, your leaders and everyone in this room see that vision to plant shade trees. It may not be in our lifetime, but God has placed you here to plant shade trees."

He said they are shade trees of hope and vision for friends, family and for all people.

After the prayer breakfast, Swanberg discussed why he came to Korea to speak at the National Prayer Breakfast.

"I came here to encourage our military and our families and let them know we love them and we care for them and we believe that – especially the younger Soldiers – can be the next 'Great Generation.'

"I just wanted those in leadership and these special people to understand that what they are doing is significant," he said.

Regarding his unique way of preaching through humor and impressions, Swanberg said, "If I can go speak to folks and use humor and voice impersonations to somehow give them an opportunity to share the Lord Jesus Christ, I would do that."

He elaborated on the importance of the younger generation.

"The current younger generation could be the next 'Great Generation.' My parents had their Pearl Harbor. This young generation has had their 9-11," he said.

"If we will allow our military to be successful and to win, you could be the next great generation," Swanberg told young

Soldiers. "And when you are in your 80s, your grandkids will come up to you and ask 'Were you over in Falluja?' or 'Were you in Korea'? We need you. We need you to be the next Great Generation."

Pfc. Christopher Combes, an intelligence specialist with the 501st Military Intelligence Brigade, said Swanberg's message was "very motivational."

"He touched my heart when he talked about touching others and spreading goodwill and hope," said Combes.

"My impression of Dennis Swanberg was that he is an outstanding speaker and encourager in Christ, said Sgt. Nickcola M. Noble, executive administrative assistant to the Area II Support Activity commander. "His use of comedy really aids in bringing people to salvation. He is an inspiration to others through his life experiences.

"He lets everyone know that you can come out of whatever spiritual warfare you are in by trusting in the Lord and all he has to offer," she said.

Pfc. Paul Sweeney, 21, and his wife Tara, 19, called Swanberg "a great impressionist," even though they were too young to know some of the characters Swanberg mimicked.

Swanberg also entertained and inspired audiences throughout the weekend at Yongsan and Hannam Village Chapel.

Area II Commander Col. Timothy McNulty presented a memento to Dr. Swanberg following the National Prayer Breakfast attended by Soldiers of all ranks, Korean and American civilian employees, family members and guests.

SGLI from Page 1

to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put

the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

AD
GOES
HERE

Area I volunteer wins quarterly kudos

Area I Public Affairs

CAMP RED CLOUD — Four times a year Army Community Service and American Red Cross volunteers in Warrior Country gathered to honor one of their own.

Robin Horan, a Camp Casey volunteer, earned the Area I volunteer of the quarter title in a May 17 ceremony.

"I was surprised and honored," Horan said. "It feels good to help."

Horan said this is her husband's first duty assignment and she decided to come with him without command sponsorship.

"When I arrived here in 2003 I went into Army Community Service and started to volunteer," she said.

When Horan started, she went in about 12 hours a week, but soon found herself working 40 hours a week.

"Now I volunteer for many different organizations -- ACS, the Red Cross and Shalom House," she explained.

Shalom House is a servicemen's center near Camp Casey, where Soldiers can get away from post and meet people.

"I think this quarter was not so much my hours, but my dedication," Horan guessed. "People are amazed at how willing I am to jump in and help."

Horan said she gets personal satisfaction from helping people.

"If I was in the same situation I would want people to help," she said.

Horan said she and her husband will be in Korea until October.

The New York native plans to continue volunteering.



DAVID McNALLY

Robin Horan takes top honors at the Area I Volunteer of the Quarter ceremony at Camp Red Cloud May 17.

CRC Garrison celebrates sports day

By Spc. Stephanie Pearson

Area I Public Affairs



PHOTOS BY SPC. STEPHANIE PEARSON

Sgt. 1st Class Ivan Lagares, Headquarters and Headquarters Company, Area I, goes to bat for his team during a Camp Red Cloud sports day softball tournament May 20.



Pfc. Kyung Hyun-kyoo (left) and Pfc. Lee Jung-bum, HHC Area I, cheer for their team during the volleyball semi-finals.

CAMP RED CLOUD — Soldiers and civilians of U.S. Army Garrison, Camp Red Cloud, celebrated their organization May 20 with a sports day.

"This is the one time during the year that all the different sections within the garrison can come together as one group," said Sgt. Maj. Ricardo Soto-Acevedo, USAG, CRC senior noncommissioned officer.

Employees and Soldiers gathered at the gymnasium and sports fields for competition in softball, choku, volleyball and golf. The friendly rivalry halted at noon for a barbecue lunch at the pavilion.

"We had about 400 garrison people out there playing sports," said William Kapaku, deputy to the garrison commander.

"Organization days are good for morale," said Pfc. Sharon Tlaskal, Headquarters and Headquarters Company, Area I. "It's a day to get out of the office and celebrate together as a team."

Tlaskal said her favorite part of the day was the softball tournament, which her team won.

"It was great," she said. "The company came together as a team to compete, and it was us supporting each other. I think we should do this twice a year -- it's a great way for us to come together, while still in a work atmosphere, to get some exercise, good food and camaraderie."

Kapaku said the day was "a way to honor our great military and civilian team."

"They deserved a time to celebrate our garrison and to renew old acquaintances," he said.

E-mail stephanie.a.pearson@us.army.mil

Camp Casey MP Company inactivates

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

CAMP CASEY — The U.S. Army formally inactivated the 2nd Military Police Company May 20.

Many veterans of the 2nd MP Company attended the solemn ceremony.

"The Soldiers of this company are some of the best I've served with," said Col. Jeffery Christiansen, Area I commander and 1977 2nd MP Company platoon leader.

The Soldiers will move to either the 1st Heavy Brigade Combat Team MP platoon or the 8th Military Police Brigade.

Capt. Alan Pearson, the company commander, said there are mixed emotions.

"It's a bitter-sweet moment," he said. "On one hand it is sad that we have to say farewell to this great company. On the other hand though, it's exciting to be a part of the changes the Army is going through."

The unit has a long history in Korea with participation in many Korean War battles. During the Battle of Pusan the company earned a Presidential Unit Citation. The company was inactivated in 1954, but later activated in 1958 and returned to Korea in 1965.



SPC. CHRIS STEPHENS

Military Police stand in formation wearing the kinds of uniforms donned by former 2nd MP Company members through the years.

E-mail chris.stephens@korea.army.mil

NEWS & NOTES

Black-Market Hotline

The Black-Market Hotline number has changed to 738-5118. The number is monitored by an investigator during normal duty hours and switched to a recorder after hours. If an observation requires urgent attention, call the military police at 730-4417.

Commissary Closure

The Camp Red Cloud Commissary will be closed June 9 for a training and organization day. It will reopen with normal operating hours June 10.

Boxing Competition

Warrior Division Sports will host the 2005 Warrior Invitational Boxing Competition 7 p.m. June 3 at the Camp Stanley Physical Fitness Center. Weigh-ins and medical exams will take place from noon – 1:30 p.m.

Biathlon Championship

Warrior Division Sports will host the Warrior Division Biathlon Championship 9 a.m. June 5. The race will consist of three legs: a 5-kilometer run, 30-kilometer bike ride and second 5-kilometer run. Race-day registration is from 7:30 – 8:30 a.m.

Riverfront Fun Run

The Camp Casey garrison will host a 5- and 10-kilometer Riverfront Fun Run 9 a.m. June 4 on the banks of the Sangpae River, near Camp Mobile. Registration will begin at 8 a.m.

Upcoming Concert

Latin soul group "Lugo" will perform outdoor concerts 7 p.m. June 4-5 behind Camp Casey's Gateway Club with Primo's Express.

Computer Training Courses

The Area I CPAC will give an Advanced Microsoft Excel workshop June 21-24 and an Advanced Microsoft Word workshop June 28 – July 1. Each course will cost \$262.50. Employees interested in attending must have a fund citation included when submitting the DD 1556. For information, call 732-9060.

Korean Baseball League Trip

The Camp Stanley Community Activity Center is hosting a trip to Seoul June 25 to see the Korean Baseball League's Hanwha team play the LG team at Jamsil Field. The transportation fee is \$10, with a 10,000 won park entrance fee. The bus will leave the CAC at 4 p.m.

Phantom of the Opera Trip

U.S. Army Garrison, Camp Red Cloud, is sponsoring a trip to have dinner at the Outback Steak House and see the musical "Phantom of the Opera" July 2 at the Seoul Arts Center. The Community Activity Center is selling tickets for \$73, which includes transportation. Only 30 seats are available. For information, call 732-6246.

Division honors Asian-Pacific heritage

By David McNally

Area I Public Affairs

CAMPRED CLOUD — About 150 Soldiers and civilians gathered May 16 to honor Asian-Pacific American Heritage Month at Mitchell's Club.

As the event began, a group of Minrak Middle School students performed a traditional Korean drum beat.

"We're here to honor lives and contributions of another of America's leading and diverse cultures," said Sgt. Tonya Johnson, Headquarters and Headquarters Company, 2nd Infantry Division. "They have aided in America's emergence as a great nation."

The theme for this year's ethnic observation was "liberty and freedom for all," Johnson said.

After a complimentary food sampling, 2nd Lt. David Bryant, HHC, 2nd Infantry Division executive officer, told the audience about his experiences growing up as a Korean-American.

"I was born at Fort Stewart, Ga., to Chong and then-PV2 Tim Bryant in the summer of '83," he said. "At the time, Asians in Georgia were not a common site."

Bryant said even if there were not other Koreans around, at least he knew what rice and kimchi were.

"That's one thing my mother made sure of," he said, "to raise me as an American, but at the same time, an American with Korean roots."

Bryant said he faced discrimination from other children while growing up, but eventually found his stride during his father's assignment to Fort Bliss, Texas.

"There, everybody was a minority, even though 95 percent of the school was Hispanic," Bryant recounted.

Before Texas, Bryant said his classmates teased him about his



PHOTOS BY DAVID MCNALLY

Minrak Middle School students perform a traditional Korean beat May 16 at Camp Red Cloud.

ethnicity.

"We then moved to Hawaii until my junior year in high school," Bryant said. "There I was exposed to many Asian cultures: Japanese, Chinese, Thai, Filipino, Samoan, Fujian and any other Pacific island you can think of."

Bryant said he interacted daily with kids from all over the Pacific.

"That's where I realized why the United States is called the melting pot," he said. "We all came together and just enjoyed life."

Bryant said he was glad his mother instilled him with a strong Korean identity.

"If I would have grown up and ignored the Korean half of me, I would have cheated myself of a completely different world of knowledge and experience."

Bryant followed in his father's footsteps. His dad retired as an Army warrant officer. Bryant earned a commission at the U.S. Military



2nd Lt. David Bryant, 2nd Infantry Division, speaks of his life as a Korean-American.

Academy at West Point, N.Y., last year.

"As I grow older, I make more of an attempt to learn as much as I can about my heritage," he said.

"If you listen to his story, it's a fine story," said Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general. "The real power of American is, it doesn't matter where you are from."

E-mail david.mcnally@us.army.mil

Army spouses learn more team-building

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Five Army spouses began advanced Army Family Team Building classes May 13 at the Pear Blossom Cottage.

The level-three classes are for spouses who have completed introductory and intermediate training.

"Level three teaches you how to develop yourself as a leader," said Joseph Gall, Army Community Service specialist. "It helps you share what you have learned with the community."

Gall said he recently completed teaching the same AFTP training at Camp Casey.

"We graduated 13 spouses," Gall said. "That was something, because only nine spouses completed the level-two training."

Some Camp Casey attendees completed online classes at armyfamilyteambuilding.org, so they could attend the level-three class with their friends.

The CRC class met May 13, 20 and 25.

During training Gall looked for examples of building self-esteem.

"I worked on my English skills to build self-esteem," said Sue Drake, a Vietnamese spouse.

Gall said AFTP classes are really necessary for life around the Army.

"The first three levels cover what all Army spouses should know," Gall said, "The fourth level qualifies instructors."

Gall plans another series of classes later this summer. Stop by a local ACS office for information.

E-mail david.mcnally@us.army.mil



DAVID MCNALLY

Joseph Gall instructs an Army Family Team Building class at Camp Red Cloud Pear Blossom Cottage May 20.

Bradley gunners rock and roll at range



Bradley driver Pfc. Mark Manilla, Company B, 2nd Battalion, 9th Infantry Regiment, studies the qualification course May 2 at Rodriguez Range.

PHOTOS BY SPC. STEPHANIE PEARSON



A Bradley fighting vehicle crew waits to qualify during their gunnery field exercise.



Bradley and tank trails criss-cross Rodriguez Range, where crews attempt to qualify during live-fire exercises.



A Bradley fighting vehicle sits in a firing position during qualification.

By Spc. Stephanie Pearson

Area I Public Affairs

RODRIGUEZ RANGE — Tank and Bradley fighting vehicle crews took over Rodriguez Range April 30–May 13 for their semiannual gunnery field exercise.

“We’re honing the skills necessary for an infantry crew to engage and destroy enemy vehicles and light infantry on the ground,” explained Sgt. 1st Class Hans Christian, 2nd Battalion, 9th Infantry Regiment, Bradley commander. “Crews train year-round to accomplish this. Gunnery is the chance to bring everything together.”

It is also the first time all crew members get to train together, Christian added. Pre-gunnery training is an individual task.

“The unique aspect of Bradley and tank gunnery is the coordination it takes to qualify,” said Capt. Mike Reardon, Company B commander. “The crews have to work together to accomplish the mission.”

Reardon said because Korea is a one-year tour, it is harder for crews here to maintain that cohesion due to the high turnover rate among the Soldiers.

“But the thing that makes it awesome is the heritage of this unit,” he said. “We are the Manchus. We’re the best unit in the Army, and these guys come out here and prove it year after year.”

This gunnery marked the first time 2-9 has qualified with tanks and Bradleys as a unit of action.

“The bonds we build here as a combined arms battalion – let alone as Manchus – make us a lethal force,” Reardon said.

E-mail stephanie.a.pearson@us.army.mil

Warriors seek fortunes at Camp Casey job fair

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP CASEY— Area I Soldiers, civilians and family members flocked to the Army Career and Alumni Program and Army Community Service-sponsored job fair at the Gateway Club May 18.

Eighteen organizations staffed the fair with representatives to help job-seekers explore employment opportunities.

“The purpose of having job fairs is to make sure Soldiers who are getting ready to end their tour of service or retire get a hold of all opportunities available to them,” said Joseph Lee, ACS employment program manager. “We also help a lot of spouses and civilians.”

Lee said the job fair helps by letting potential applicants meet prospective employers face-to-face and to get an idea of what job markets outside the military look like.

“We try to let them know what jobs are currently available,” he said. “We’re trying to maximize awareness, and because of that people are finding it easier to find jobs.”

Lee said several of the vendors offered on-site interviews, while others took resumes and gave information about positions available in their organizations.

Calumet, Booz-Allen-Hamilton, Cubic, Northrop-Grumman, Army and Air Force Exchange Service, and Lucas Group were some of the companies represented.

Nate Hope, an executive senior partner and recruiter for Lucas Group, a recruiting firm, said people with military experience make great job candidates.

“The companies are looking for that proven track record of leadership, accountability, resource management, and the ability to train and motivate,” he explained. “Military applicants are successful

because they come with the ability to make things happen. They bring a ‘can-do’ attitude and the ability to be flexible that some civilians lack.”

Capt. Aaron Close, Headquarters and Headquarters Company, Area I, will get out in August and said he appreciated the opportunity the job fair offered.

See **Fair**, Page 8



Sgt. 1st Class Angel Cruz, 1st Battalion, 2nd Aviation Regiment (right), talks to Nate Hope about employment opportunities.

SPC. STEPHANIE PEARSON

Area I shutterbugs win competition

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Area I Morale, Welfare and Recreation officials tallied votes and declared winners May 10 for an Area I photography contest.

“There were 32 photographs in the competition,” said Karyn Kuniyuki, Creative Cuts staff member. “They were on display April 26 to May 9.”

The Creative Cuts Frame Shop, located in Building T-25 on CRC, sponsored the contest.

Visitors viewed the photos and voted for their favorite images, Kuniyuki said.

The categories were:

- Korean culture
- Travel outside the Korean peninsula
- The Soldier’s Creed
- Best-in-show

Kuniyuki said the contest was open to all Area I Soldiers, Department of Defense civilians and family members.

Contest winners received gift certificates valued at \$50 for first place and \$100 for best-in-show.

Voters gave the top award to “Having Tea with Beam of Light” by Spc. Dong Oh, 1st Battalion, 72nd Armor Regiment.

Oh is an amateur photographer who shoots with a Nikon D70 digital single lens reflex camera.

“This shot was at a restaurant where my friend and I were having dinner,” he explained. “The only source of light was some Christmas lights and this beam of sunlight just lighting up her face.”

Oh said the shot was “one take.”

“This was our first photography contest sponsored by Creative Cuts,” Kuniyuki said. “I was pleased with the number of submissions.”

Kuniyuki said they had entries from camps Casey, Stanley and Red Cloud.

“We are planning a second contest in September,” she said. “We hope to see a larger submission pool.”

During this competition Creative Cuts displayed the entries at only one location.

“In September, I would like to show the entries at multiple installations to involve more of our Area I community,” she said.

Kuniyuki said it was exciting to award larger prizes for this contest.

“The winners can use their gift certificates to purchase valuable limited edition prints and quality custom frames,” Kuniyuki explained.

E-mail david.mcnally@us.army.mil



First place, The Soldier's Creed, "Duty" by Sgt. Dwight Fields, 602nd Aviation Support Battalion.



First Place, Korean Culture, "Innocence" by 2nd Lt. Bert Uyenco, 82nd Engineer Company.



First Place, Travel Outside of the Korean Peninsula, "Early Morning" by Capt. Craig Perry, HHC, 1st Brigade.



Best-in-show, "Having Tea with Beam of Light" by Spc. Dong Oh, 1st Battalion, 72nd Armor Regiment.

Fair_____from Page 7

“I came here to get as much knowledge about companies that are hiring in preparation for getting out,” Close said, “and it’s been great. Not every company here is what I’m looking for, but at least leaving here I know I haven’t sold myself short on options. It’s a great opportunity, and it’s been very informative.”

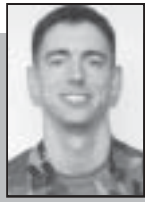
In addition to hosting job fairs, ACAP and ACS offer many resources for Soldiers and civilians looking to improve

their resume writing and interviewing abilities, Lee said. He manned a table at the fair to answer questions and make appointments with those seeking to improve their job-search skills.

“It’s been very successful,” Lee said. “I’m surprised at the turnout. We had over 100 people show up in the first hour. I definitely have my work cut out for me, with all the appointments I’ve made today.”

E-mail stephanie.a.pearson@us.army.mil

A D
GOES
HERE



keepin' it legal

Capt. Robert Vedra

Free credit reports

YONGSAN — Every time you turn around, it seems someone is advising you to order and examine your credit report. Experts counsel you to look at your credit report regularly to reduce the risk of identity theft and to look at your credit report before you apply for a loan, a job, or insurance in order to eliminate the chance that inaccuracies in your credit history result in the disapproval of your application.

In the past, consumers generally had to pay out of their own pockets to heed this sound advice; but help is on the way. New legislation gives consumers free access to their credit reports, eliminating the biggest hurdle in the process.

The importance of a credit report

A credit report contains a great deal of information about you, including where you lived, whether you paid bills on time, if you have been sued, arrested, or filed for bankruptcy. What's more, nationwide credit reporting agencies sell this information to creditors, insurers, employers and other businesses who want your information to evaluate your application for credit, insurance, employment, or house rental. These businesses want to minimize the risk of losing money if they deal with you, thus they pay a fee to credit reporting agencies for access to your credit report to assess whether you are someone they believe presents an unacceptable risk of non-payment.

Credit reporting agencies

Three nationwide credit reporting agencies dominate the business — Experian, Equifax, and TransUnion. Each agency's report of a consumer may differ slightly, so you need to see all three to have a complete picture of where you stand in a creditor's eyes.

To see a copy of your credit report in years past, you had to pay a fee to each credit reporting agency. However, a new federal law, the "Fair and Accurate Credit Transaction Act of 2003," requires each of the three agencies to provide every consumer with a free copy of their credit report every 12 months.

This requirement is being implemented in phases.

■ Consumers in Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming became eligible to order their reports December 1, 2004.

■ Consumers in Illinois, Indiana,



By Alex Harrington

Crew Chief Hwang Hong-yeon enters a smoke-filled building to search for victims and identify the source of smoke May 18 near Collier Field House. The Yongsan-gu Fire Department and Area II Support Activity Fire and Emergency Services conducted fire training safety during the joint firefighting demonstration.

Korean fire department visits Yongsan

By Alex Harrington

Area II Public Affairs

YONGSAN — More than 30 Korean firefighters from Yongsan-gu Fire Department visited the Area II Support Activity Fire and Emergency Services May 18 as part of the area's Good Neighbor Program.

"The purpose of this visit was to welcome the new Yongsan-gu fire chief and his fire officers and to familiarize them with our facility and training methods," said Fire Chief Alex Temporado of the Area II Fire and Emergency Services Division.

Temporado said there were greetings and introductions at the main fire station in the morning, along with a mission briefing, a tour of the fire station and equipment familiarization. Following lunch, the group toured Yongsan Garrison, including Dragon Hill Lodge, the hospital and Camp Coiner.

In the afternoon, Yongsan-gu firefighters watched a structural fire exercise designed to simulate smoke and fire in an old barracks building on Yongsan South Post. Area II firefighters used a thermal imager device to locate and "rescue" a simulated victim in the smoke-filled building. Once outside, cardiopulmonary resuscitation was administered.

According to Temporado, both fire departments visit each other's respective areas on a regular basis and have a mutual aid firefighting agreement to assist each other on fires.

"We conduct these types of activities at least four times a year,"



Rescuemen Kang Hyo-chum, left, and Yu Song-chun perform cardiopulmonary resuscitation on a lifelike mannequin near Collier Field House May 18.

said Temporado. "On several occasions we have visited the Seoul City Fire Department to participate in a joint fire department training exercise."

E-mail harringtona@korea.army.mil

Bringing a foreign spouse to the U.S. — Part 2

By Jeffrey S. Tunis

FS1, Deputy Consul General, U.S. Embassy Seoul

YONGSAN — In our first article, "Saying 'I do' while in Korea" (Morning Calm edition, April 22, 2005), we outlined the procedures for marrying in Korea. In this article, we will describe the first step of bringing your foreign spouse to the United States by filing an immigrant petition.

The Laws

The basic rules for sponsoring, or better known as petitioning, any foreigner to enter the United States are found in the 1952 Immigration and Nationality Act. Immigration procedures are set by law by the numbers and cannot be waived.

It is important for U.S. Forces Korea personnel to remember that, while their spouses and other family members may receive benefits from Department of Defense or under the auspices of the Status of Forces Agreement, these are completely unrelated to immigration benefits, which fall under different rules, require separate applications, and have distinct eligibility criteria. Any foreign family member, command sponsored or not, who is departing Korea for the United States must comply with the INA.

Governing agencies

Two U.S. government agencies have direct control over immigration, visas, and entry into the United States — the departments of Homeland Security and State. Both agencies have fully staffed offices at the U.S. Embassy in Seoul to process immigrants. However, the State Department and Department of Homeland Security have different procedures and public hours, and both process immigrants "by appointment only."

The petitioner

If you are sponsoring a foreign spouse, then you are called the petitioner. The foreigners who you are sponsoring are called beneficiaries. American citizens can petition a spouse and any step child, provided the marriage occurred before the step child's 18th birthday, without adopting the child. The beneficiaries need not be in Korea, but the petitioner — you — must be permanently assigned to Korea to file an immigrant petition at the Department of Homeland Security.

The first step

The first step is to file an immigrant petition, better known as the I-130 at the Department of Homeland Security. Remember,

'Guardians' take lessons learned from Iraq

164th Air Traffic Services Group conducts convoy security operations

By Alex Harrington and Sgt. Christopher Selmek
Area II Public Affairs

YONGSAN — Roadside bombs, suicidal car bombers and ambushes have forced the U.S. Army to change many of its Cold War doctrines, especially in convoy operations and training in the immediate months following the initial contingency in Iraq.

Incorporating real-life lessons learned from Operations Enduring Freedom and Iraqi Freedom, commanders and Soldiers of 164th Air Traffic Services conducted convoy security operations May 14-16 at the Story Range Complex near the demilitarized zone.

"We incorporated real-life lessons from Iraq and Afghanistan, the Center for Army Lessons Learned, current doctrine and feedback from veteran Soldiers to [conduct] a convoy live-fire field training exercise for our new aviation brigade," said Capt. Christopher Byrne, a signal officer with 164th ATS.

During the exercise the Soldiers engaged in six possible scenarios involved in convoy operations.

"The Soldiers were trained on how a convoy reacts to visual contact with enemy, a direct fire ambush with and without the road blocked, including how to react to enemy indirect fire, dismount and mount a wheeled vehicle while under direct fire, and how a convoy responds to a roadside bomb, better known as an Improvised Explosive Device," said Byrne.

The training provided each unit specific battle drill tasks they can use to train Soldiers about the realities of convoy operations in Iraq and Afghanistan.

"So much of what we are doing here is the result of intense planning and academics," said Capt. Katrina Lewison, 164th S-1 officer. "We worked on academics almost every night to just make sure we knew exactly what would be going on out here."

All the academics and preparation paid off when the Soldiers applied what they learned in the field.

"In the scenario when the convoy reacts to direct fire ambush the Soldiers performed exceptionally



Sgt. Park Jin-woo

Spc. Fabion Gamble, 24, Bravo Company, 164th Air Traffic Services, sits on top of a gun truck manning a M249 Squad Automatic Weapon at the Story Range Complex near the demilitarized zone May 14. The 58th Aviation Battalion participated in convoy security operations taking lessons learned from Operations Enduring Freedom and Iraqi Freedom.

well," said Byrne. "The enemy employed a roadblock and the convoy was forced to stop, and soon after they started receiving intensive fire as part of a threat ambush. The Soldiers dismounted their vehicles and moved to cover positions and returned fire on enemy positions. Once they drove back the attack, our Soldiers treated and evacuated casualties and the convoy resumed."

Throughout the scenarios, the training was meant to be as realistic as possible for these aviation Soldiers.

"This convoy operation training is the best and most realistic training we can get on something like

this," said Spc. Christine Pat, Delta Company. "It is going to help us prepare for convoys in the real world, when eventually we end up in a situation where we need to know it."

Sgt. Quirjara Kelley, also of Delta Company, said "This is good training, especially for the lower enlisted who need to make split-second decisions. This is the kind of training you have to fall back on when you are in a tense situation."

E-mail harringtona@korea.army.mil



Above: Spc. Travis Sanders, Company D, 164th Air Traffic Services, leaps from the back of a light medium tactical vehical during a simulated ambush near the demilitarized zone May 14. The unit participated in a convoy security operation, taking lessons learned from Operations Enduring Freedom and Iraqi Freedom.

Above Right: Taking careful aim with her M-16, Pfc. Rebecca Brook, Co. D, 164th Air Traffic Services, participates in a simulated enemy ambush near the demilitarized zone.

Bottom Right: Soldiers of Delta Company, 164th Air Traffic Services, react to simulated enemy fire by dismounting and taking positions to defend their location near the demilitarized zone May 14.



Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin became eligible March 1, 2005.

■ Consumers in Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Oklahoma, South Carolina, Tennessee and Texas will be eligible June 1, 2005.

■ Consumers in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina,

Pennsylvania, Rhode Island, Vermont, Virginia, West Virginia, the District of Columbia, Puerto Rico and all U.S. territories will be eligible to order their free reports beginning Sept. 1, 2005.

To order your free credit report, you can do one of three things:

■ First, you can order them online by logging on at <http://www.annualcreditreport.com>.

■ Second, you can order over the phone by calling 877-322-8228.

■ Finally, you can mail a request to:

Annual Credit Report Request Service, PO Box 105821, Atlanta, Georgia 30348.

Reports from all three agencies are available by any of these methods.

In addition to the free report every 12 months, you are entitled to a free credit report from each of the three agencies under other circumstances, such as having an application for credit, insurance, or employment denied. You must request the reports within 60 days of being notified of these actions, and you must request them from each agency

individually. You are also entitled to a free report from each agency if you believe it contains inaccurate information resulting from fraud, such as identity theft.

These changes in federal law have made it much easier to track your credit history, so take advantage. For information, contact your local legal assistance office at 738-6841 or logon to <http://www.ftc.gov>.

E-mail robert.anthony.vedra@us.army.mil

Applicants may also go online at <http://seoul.usembassy.gov/> for information about forms, fees and procedures.

Once you secure an appointment, take the following forms and documents:

■ One completed I-130 from you for each beneficiary

■ One biographic data form (G-325) for you and each beneficiary

■ Proof of identity for all parties involved

■ Proof of your U.S. citizenship. For example, a U.S. passport, birth certificate or naturalization certificate. Remember, a uniformed services identity card is not sufficient proof of U.S. citizenship or immigrant status

■ Also, bring a complete paper trail of the relationships. For example, birth, marriage, divorce, death and adoption certificates for each party, if any of those actions happened in your lives. If in doubt, simply bring it.

If you need forms

If you need blank forms go to <http://www.dhs.gov> and follow links to immigration forms.

If you need a birth or other vital record from the United States, logon to: <http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm>.

If your beneficiary needs a foreign vital record, logon to <http://travel.state.gov/visa/reciprocity/index.htm> for general advice.

Following the Department of Homeland Security's approval of your I-130, the agency will send it to the State Department for immigrant visa processing.

Delays in approval

The I-130 determines the identities and relationships of the parties. If your beneficiary is not Korean, Department of Homeland Security may have to perform background checks in their home country, which can take several months or more.

Where to file the I-130

If you are assigned to Korea, start the I-130 process

at the Department of Homeland Security office at the U.S. Embassy in Seoul before you leave. You can file an I-130 with the agency by mail in the United States, but it will add many months to the entire process. Remember, an approved I-130 does not expire as long as the relationship remains intact.

How to go to the U.S. Embassy in Seoul

The easiest and cheapest way to go to the U.S. Embassy in Seoul is by subway to Gwangwhamun station, exit 2, on line 5. All subway lines are clearly marked in English.

For more information logon to: <http://seoul.usembassy.gov/> and follow the links to learn about immigration before coming to the U.S. Embassy in Seoul.

(Editor's note: This article is the second of a five-part series about marrying a foreign spouse. The next article is about immigrant visas.

E-mail Seoul_ACS@state.gov

Ad goes here

Community News

Pacific-Wide Softball Tournament

The Far East Pacific-wide Softball Tournament will be held today through Sunday at the second field near Collier Field House. For information, call 011-9680-2097.

Annual June Jamboree

The Installation Exceptional Family Member Program and Seoul American elementary, middle, and high schools will host the 19th Annual June Jamboree June 3 at Yongsan. Activities will include swimming, bowling, a picnic and games. For information, call 738-5311 or e-mail CarterAl@korea.army.mil.

The Asian X Games

The Asian X Games will be held today through Sunday at Jamsil Stadium. A free shuttle is available for those attending the games. For information, logon to http://www.uso.org/korea.

Miniature Golf Tournament

The 3rd Annual Yongsan Family Fun Park Miniature Golf tournament will be held at 10 a.m. Saturday at the Yongsan Driving Range. For information, call 738-4190.

Asian Pacific Islander Month

The Republic of Korea Samoan Association will host a Samoan-style buffet and various performances 5 - 11

p.m. Saturday at the Main Post Club. For information, call 738-7322.

12-Week Weight Management

The Yongsan Weight Support Group hosts a 12-week weight management program. All participants can learn how to burn fat, to shrink fat cells and to lose weight. For information, call 010-8671-7461 or e-mail outsmartFat@yahoo.com.

National History Day

In commemorating National History Day, Seoul American High School is showcasing student exhibits 8:30 a.m. - 2 p.m. Tuesday at the South Post Chapel. For information e-mail Brenda.johansen@pac.dodea.edu.

NEWS & NOTES

Local OCS Board

The Area II Support Activity Local OCS Board will convene at 9:30 a.m. July 15 in the Area II Support Activity Command Conference Room. For information, call 738-5017.

Children’s physicals

The 121st General Hospital Pediatric Clinic has over 100 open slots for all children that have not had a physical since Sept. 30. Child’s medical record, immunization card, and sports form are required for appointment. For information, call 737-8072.

Second-Hand Rose Thrift Shop

The annual volunteer appreciation ceremony will be held at 5 p.m. Sunday at Dragon Hill Lodge. For information, call 793-3792 or e-mail sonya_scholes@hotmail.com.

National Defense Transportation Assoc. 2005 Dinner Forum

The National Defense Transportation Association will host the 2005 Dinner Forum, “Fostering Change through Global Partnership,” 5 - 9 p.m. June 10 at the Dragon Hill Lodge. For information, call 725-8437 or e-mail frederick.meeks@korea.army.mil.

Memorial Day Weekend Activities

May 27

- Pacific-wide Softball Tournament, 738-8608.
- Harvey’s Lounge, Visage Band, 8 p.m. 738-7322.
- Main Post Club, Blue Frog Blues Band, 8 p.m. 738-7322.

May 28

- Sgt. Maj. / Col. Softball Game, 2 p.m.
- Hannam Village Middle School Teen Block Party
- K-16 Club, Visage Band, 9 p.m.
- Harvey’s Lounge, Bad Moon Band, 7:30 p.m. 738-7322.
- Commiskey’s, Retiree Day on the Patio, 7 a.m. – 9 p.m. 738-7322.
- Seoul City Tour, Moyer, 10 a.m.

May 29

- Community Festival, Field #12, 1 – 8 p.m. 738-5258.
- Miniature Golf Tournament, Family Fun Park, 10 a.m.

May 30

- Yongsan Lanes, Special Event, 65” TV Give Away, 11 a.m.
- Yongsan Lanes 9-8 Pin Tournament, 2 a.m. 723-5820.

Ad goes here

Dogs

from Page 1

respond instantly to the handlers' commands during any situation. Following another day of close scoring, Staff Sgt. Paul Christensen, 8th SFS, Kunsan, would walk away with the first place trophy in the overall patrol category.

With the final day of competition

came the most physically demanding event, the endurance course combined with a building suspect search. Dressed in full combat gear, the teams negotiated a course of hills, hurdles, water hazards and tunnels that left both dogs and handlers alike exhausted and struggling to make the finish line. From there the teams immediately moved to a building search and had to engage a hostile subject. Spc. Gerald Bielicki, 728th MP Bn. proved he and his dog had what it took to win.

Speaking on the final day of the competition at the awards ceremony, Sgt. 1st Class Andrew Baxter stressed the accomplishments of everyone who competed and the closeness of the scoring.

"All of you are here because you were chosen as the best your units had to offer and the competition was picture perfect," he said. "Your abilities were reflected in the tight scoring; it came down to the last event to separate seven teams."

After the final points were tallied the trophy for the overall best dog team went to Spc. Kyle Slania and his dog



PHOTOS BY SPC. WILLIAM SCOTT

Sgt. Jermaine Holley and Military Working Dog Tim, from 94th Military Police Battalion, catch their breath after the grueling endurance portion of a week-long working dog competition held at Osan Air Base May 16-20.

Dutchy of the 728th MP Battalion. The award for best kennel team went to Christensen and Staff Sgt. Marcione, 8th SFS.

Lt. Col. Andre Curry, USFK Deputy provost marshal, spoke to the competitors of the importance of this type of event, "This type of competition is a picture of the future of the military. We are moving to more joint and combined exercises

especially here in Korea and this type of event can do nothing but the further cooperation we will need down the road."

He finished by congratulating all the participants. "A lot of hard work goes into being a dog handler; it is a critical asset in so many settings. Keep up the good work and I hope I will be seeing many more of these events in the future."



Air Force Staff Sgt. Christopher Manning and Military Working Dog Brit, 51st SFS Osan, run the obstacle course during a working dog competition May 16-20. The competition included Army, Air Force and Republic of Korea Customs working dogs.

May 27- June 3

AAFES

REEL TIME

NOW SHOWING AT THEATERS IN KOREA

FOR MORE LISTINGS CALL YOUR THEATER OR VISIT WWW.AAFES.COM ONLINE - SCHEDULES ARE SUBJECT TO CHANGE

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	House of Wax PG-13	House of Wax PG-13	Guess Who PG-13	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13
ESSAYONS 732-9008	Ice Princess G	Constantine R	Are We There Yet? PG	No Show	Star Wars: Episode III PG-13	Cursed PG-13	House of Wax PG-13
HENRY 768-7724	Miss Congeniality 2 PG-13	XXX: State of the Union PG-13	XXX: State of the Union PG-13	Guess Who PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Hostage R	Star Wars: Episode III PG-13
HIALEAH 763-3120	XXX: State of the Union PG-13	Hostage R	Miss Congeniality 2 PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	Hostage R	House of Wax PG-13	Guess Who PG-13	Star Wars: Episode III PG-13	House of Wax PG-13	Sin City R	Sin City R
KUNSAN 752-4987	A Lot Like Love PG-13	A Lot Like Love PG-13	Miss Congeniality 2 PG-13	No Show	Miss Congeniality 2 PG-13	Hostage R	Hostage R



House of Wax -- A group of friends on their way to a college football game falls prey to a pair of murderous brothers in an abandoned small town. They discover that the brothers have expanded upon the area's main attraction.. the House of Wax, and created an entire town filled with the wax-coated corpses of unlucky visitors. Now the group must find a way out before they too become permanent exhibits in the House of Wax.



XXX: State of the Union -- NSA Agent Augustus Gibbons, fresh off the success of his last renegade recruitment, once again finds himself in need of an outsider. Gibbons and his new agent, also code-named "XXX," must track a dangerous military splinter group led by Willem Dafoe that is conspiring to overthrow the U.S. Government in the nation's capital.



Monster-in-Law Unlucky in love, beautiful 'Charlie' has finally met the man of her dreams, Dr. Kevin Fields. There's just one problem - his mother Viola. Overbearing and controlling, not to mention volatile, she has recently been canned from her job as a star news anchor. Fearing she will lose her son's affections as she has her career, Viola decides to break up the happy couple by becoming the world's worst mother-in-law. When Charlie finally decides to fight back, it looks like Viola has finally met her match.



Hostage -- Jeff Talley, a former LAPD hostage negotiator, has moved himself away from his failed career outside of Los Angeles, and away from his wife and daughter. When a convenience store robbery goes wrong in his turf, the three perpetrators move in on an unsuspecting family. But the family's father has a secret which might compromise his kin, and one of the criminals is about to jump over the edge. Jeff Talley has to get everybody to survive the night.....if he can.



Ice Princess -- Casey has never quite fit in. Caught between her fantasy of becoming a championship figure skater and her strong-willed mother, who has her on the fast track to Harvard, she can only hope to be like Nikki, Tiffany and Gen - three elite skating prodigies who are ruthlessly competing on the US National circuit. Casey takes on the challenge of her life when she finds herself competing against the best to make it into the championship circuit.



Sin City -- Sin City is a violent city where the police department is as corrupt as the streets are deadly. There's the street thug Marv whose desperate quest to find the killer of a prostitute named Goldie will lead him to the foulest edges of town. Inhabiting many of those areas is, a photographer in league with the sordid ladies of Sin City, headed by Gail who opens up a mess of trouble after tangling with a corrupt cop by the name of Jackie Boy. Finally, there's Hartigan, an ex-cop with a heart problem who's hell-bent on protecting a stripper named Nancy.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Cursed PG-13	No Show	Sahara PG-13	Man of the House PG-13	No Show	No Show	No Show
OSAN 754-4930	Monster-in-Law PG-13	Monster-in-Law PG-13	Monster in Law PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Guess Who PG-13	Guess Who PG-13
RED CLOUD 732-6620	House of Wax PG-13	Hostage R	Hostage R	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	No Show	Monster-in-Law PG-13
STANLEY 732-5565	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	Star Wars: Episode III PG-13	Guess Who PG-13	No Show	Monster in Law PG-13	Guess Who PG-13
YONGSAN I 738-7389	Monster-in-Law PG-13	Monster-in-Law PG-13	Monster-in-Law PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Guess Who PG-13	Guess Who PG-13
YONGSAN II 738-7389	Monster-in-Law PG-13	Son of Mask PG	Son of Mask PG	Ice Princess G	Hide and Seek R	Hide and Seek R	Hide and Seek R
YONGSAN III 738-7389	Million Dollar Baby PG-13	Son of Mask PG	Son of Mask PG	Ice Princess G	Hostage R	Hostage R	Hostage R

Learning to find success in our failures

By Chaplain (Capt.) Geun Hyung Lee
164th Air Traffic Services Battalion

One of the most useful stationery tools in my office is the Post-It Note. I use them a lot to remind myself of something I have to do. I just write a note and stick it anywhere I will be sure to see it.

My computer at the office has many sticky notes all over it. Same way at home, I use Post-It Notes to remind myself to go to the store, to make a call to someone and to pick up the clothes from the cleaners. I don't understand how I ever got along before Post-It Notes were invented.

The Post-It Note was invented by the 3M Company. That is the same company that makes Scotch tape. The Post-It Note is one of their best-selling merchandise and one of their most

successful products ever; but today not many people know that it got its start with a failure.

A lab technician at 3M was working to try to enhance the glue that they put on their tape so that it would attach better. He came up with a new formula for glue, but the new glue didn't stick very well at all. It would stick at first, but then it was very simply pulled off.

He thought his new glue formula was a failure, but instead of throwing the formula in the trash, he decided to distribute it with others in the company and see if there might be some use for it.

Another man in the same company started trying the new glue in different ways and finally he came up with the idea for the Post-It Note. To make a long story short, what started out to be a huge failure for 3M turned out to be one of

their biggest successes.

Sometimes the things we try to do in our lives don't turn out the way we thought they would. We were trying to do what we thought was best for us, but it just didn't work.

When that happens, it is easy to just give up. Instead of giving up, what we need to do is turn it over to someone else. In my Christian world view, I always tell people, "turn it over to God." The Bible says that we plan our course, but the Lord directs our steps.

Maybe we know where we want to go, but just can't seem to get there. If we will just put our faith and trust in God, he will direct our steps. He can turn our failures into success. God helps us to remember that we can turn our failures into successes.

Area II
Worship Services

Catholic Mass	Sunday	8 a.m.	South Post Chapel
		11:30 a.m.	Memorial Chapel
	Tuesday	12:05 p.m.	121 Hospital Chapel
		7 p.m.	South Post Chapel
	Mon.-Wed., Thurs.-Fri.	12:05p.m.	Memorial Chapel
Jewish	Saturday	5 p.m.	Memorial Chapel
	Friday	6 p.m.	South Post Chapel
Protestant Services			
Contemporary	Sunday	10 a.m.	Multipurpose Training Facility
Episcopal	Sunday	10 a.m.	Memorial Chapel

Collective	Sunday	10 a.m.	South Post Chapel
		10:30 a.m.	K-16 Community Chapel
		11 a.m.	Hannam Village Chapel
		noon	South Post Chapel (Gospel)
		1 p.m.	Camp Colbern Chapel
Korean	Tuesday	6 p.m.	South Post Chapel
	Thursday	6 p.m.	Camp Colbern Chapel
KCFA	Thursday	6:30 p.m.	Memorial Chapel
	2nd Tues.	11:45 a.m.	Memorial Chapel
	3rd Tues.	11:45 a.m.	Memorial Chapel

United Pentecostal Church of Christ	Sunday	1 p.m.	Memorial Chapel	
	Sunday	2 p.m.	South Post Chapel	
	Church International Collective	Sunday	8 a.m.	Memorial Chapel
			9:30 a.m.	121 Hospital Chapel
		9:30 a.m.	Hannam Village Chapel (Korean)	

Area II Chaplains

Chaplain (Lt. Col.) Vincent Burns
BurnsV@korea.army.mil or DSN 725-2955

Chaplain (Lt. Col.) David Colwell
David.Colwell@korea.army.mil or DSN 738-4043

Ad goes here



PHOTOS BY STEVE DAVIS

Above: Soldiers inspect their gear before starting the Soldier Team Challenge.

Left: Soldiers march against the clock from Camp Humphreys to the nearby rifle range.



Pvt. Daniel Rolinc takes aim during the M-16 accuracy portion of the Soldier Team Challenge at Camp Humphreys April 25.



Staff Sgt. Michael Fergusen and Pfc. Jordan Thomas hike around the end of the airfield.



Sgt. Erron Alor plots points on a map while being timed by Sgt. Annette Johnson.



Pfc. Karen Milligan does preventive maintenance on an Army Humvee.

52nd Medical Battalion's
'hoo-ah' way to have fun and
build morale is called ...

Soldier Team Challenge

By Steve Davis

Area III Public Affairs

CAMP HUMPHREYS — With teams named "Bad Medicine," "Witch Doctors," "Headhunters," "Dustoff Dawgz," and "Tomahawks," the 52nd Medical Battalion (Area Evacuation) Soldier Team Challenge April 25 at Camp Humphreys just had to be tough.

The Command Sgt. Maj. Tuileanma T. Nua Soldier Team Challenge — so named to honor the battalion's top NCO — lived up to its billing as an event designed to enhance Soldier skills and provide a creative way to train.

The battalion performs ground and air ambulance missions in support of U.S. Forces Korea.

The first team, the 560th Medical Company "Bad Medicine," reported to the starting grid at 5 a.m. and, after a safety briefing and equipment inspection, began a gruelling seven-mile

route around Camp Humphreys to event locations spread along the perimeter road. They were followed at 6 a.m. by the 377th Medical Company "Dustoff Dawgz," and hourly by the 560th Medical Company "Witch Doctor" team, the 568th "Head Hunter" teams one and two, and the Headquarters and Headquarters Detachment "Tomahawk" team.

Events included a physical fitness test, equipment inspection, marksmanship, Soldier skills tests, lifesaving and medical evacuation procedures and swimming with a full rucksack.

"The events weren't that bad, but toting this rucksack for seven miles is tough," said Pfc. Karen Milligan as she performed preventive maintenance on a Humvee. She was a "Witch Doctor" from 560th Medical Company Team Two.

"The hardest part was NBC," said Pfc. Jesse Duncans, from 568th

Medical Co. "Headhunter" Team One, referring to the nuclear, biological and chemical portion.

All competitors had to wear full chemical suits and protective masks as they rushed about one mile around the end of the Camp Humphreys airfield before being given the "all clear."

Some of the skills timed and tested included communications, preventive maintenance on a Humvee, first aid, map reading, weapon disassembly and assembly, and casualty evacuation.

They also got a chance to cool off at the 6th Cavalry Brigade dunker facility, where they had to swim four laps in uniform and full rucksack before heading for the finish line after their six-hour ordeal.

The 568th Medical Company "Headhunters" Team One won the team competition. The 568th Team Two finished second, with 377th Med. Co. coming in third.



Above: Soldiers swim four laps in a pool in their battle dress uniforms and a full rucksack.

Left: Soldiers from 568th Medical Company Team One treat and evacuate a casualty.



Red Cross Classes

The American Red Cross is offering a variety of classes in May. Upcoming classes include first aid and adult, child and infant CPR. To sign up on Yongsan Garrison, go to the American Red Cross office located upstairs in the Moyer Community Services Center. Payment must be made at the time of signup. For information, call 738-3760.

Gladiator Fighting Competition

The second annual Gladiator Fighting Competition, an event that mixes different martial arts, will be held June 4 at Jamsil Gymnastic Center. Unlike in previous years, Moyer Community Services Center will provide a bus, leaving Moyer at 3 p.m., to transport ticket holders to the event, scheduled for 5-9 p.m.

The total cost for this activity with an automatic 20-percent discount is \$41 or W41,000, including transportation. Those interested in this activity must sign up at Moyer CSC anytime before June 1, but are urged to sign up as soon as possible due to the fact that seats are limited. Featured contestants include Mark Coleman, also known as "The Hammer," who is highlighted in this event due to his impressive record. Coleman won the 2000 Pride Grand Prix Tournament and is a two-time Ultimate Fighting Championship tournament champion. Throughout the night multiple fights will be held and viewers will return by bus to Moyer CSC at about 10 p.m.

Arts & Crafts Contest Winners

The 2005 8th U.S. Army Fine Arts & Crafts contest was completed recently, with winner chosen from among 70 entries in 11 categories for novices and accomplished entrants.

First place winners in the novice group are: Ceramics, Eunyong Reynolds; Wood, Gerald Hill; Fibers, Sheilah Hurt; Glass, Colleen Powers; Drawing, Jennifer Bougher; Oil Painting, Sasha Wise; Water color, Yayek Dburgh; Mixed Media (2D) Janet Mills; MM (3D) Rory Edlridge; and Metals and Jewelry, Jane Byos.

Accomplished winners included: Water-based Painting, Casey Taylor; Drawing, Brenda Johnson; Fibers, Bethany Cerella; Mixed Media (2D), Ricky Melton; MM (3D), Un Cha Haney. Best in Show winner was Hanna Mims.

Submitting to TMWC

To have an event or activity highlighted in The Morning Calm Weekly, send event information, including all pertinent details and a point of contact name and telephone number, to MorningCalmWeekly@korea.army.mil.

Programs help families touched by war

By Elaine Wilson

Army News Service

FORT SAM HOUSTON, Texas — Capt. Chris Connors and his wife, Delana, were trying to conceive a baby. They each had children from prior marriages, but hoped for one together. The big joke between the two of them was that as soon as she found out she was pregnant, he would get deployment orders.

The laughter stopped when she got pregnant ... and he got orders.

When Delana was four months pregnant, Connors left for training and arrived in Iraq on Christmas Day. He hopes to come home on leave when the baby is born.

"Chris is my best friend," Delana said. "I miss his presence. I always tell him that a bad day with him is better than a million good ones away."

The Connors are just one of the thousands of families touched by war, and the pain of sometimes unlimited separations.

"As the real-world tempo increases, so do the number of deployments and level of stress," said Chere Harper, Fort Sam Houston mobilization and deployment readiness manager for Army Community Service. "The families left behind are deeply affected by these separations."

In recent years, the Army has stepped up its efforts to ease their pain with a host of outreach programs. ACS, for instance, offers video-teleconferences linking Soldiers and their families worldwide, a variety of educational classes for children and adults and training to jump start Family Readiness Groups.

Even more far reaching is Military OneSource, a Department of Defense-level Web site and round-the-clock phone center, where an extensive amount of military-related information is gathered into one database.

"Military OneSource is a great source of help," Harper said. "It's there to answer those burning questions that come up at 2 a.m., and has a huge database of information to respond to everything from child-care questions to how to get a new ID card."

The questions always seem to increase as family members confront unfamiliar situations, such as handling finances or firing up the lawnmower.

"Things always seem to happen right after he leaves," said Melissa Cruz, whose husband Carlos, deployed to Kuwait in December. "The toilet overflowed the day he left for basic training and leaked down three floors. I had no clue what to do."

Now, Melissa said, Carlos calls just about every day to answer Melissa's questions, everything from when the oil change is due to bill payment reminders.

This type of communication is vital to a successful separation, Harper said. However, "ideally, families are setting the groundwork before the deployment — the sooner, the better."

Besides taking on extra household and parenting responsibilities, spouses also deal with a wide range of emotions ranging from initial anger and sadness to



MAJ. WILLIAM THURMOND

Edwin Sierra helps his daughter, Tatiana, get ready to go home after a day at the Child Development Center.

worry and fear, Harper said.

"The best thing you can do is to find a routine that works and stick with it," Harper said. "The day-to-day regularity is comforting and familiar. Also, try not to become dependent on the nightly news. You don't need daily stressful reminders of the dangers."

ACS has checklists and pamphlets for every age group and topic imaginable with additional tips for dealing with deployments. But however available the assistance, the divide between the head and the heart can seem insurmountable, Harper said.

"We may understand the coping mechanisms, but that doesn't always help," she said. "Children have a particularly tough time because they have the same issues as adults but haven't developed the same coping mechanisms."

Edwin Sierra has seen the affects of separation firsthand with his daughter, Tatiana, even though she's just 22 months old. His wife Haydee deployed to Iraq in March.

"My wife and daughter are extremely close," said Sierra. "It's been tough on both of them. My wife sent a video for us, and my daughter tried to grab her through the screen, then realized it wasn't really her. She fell on the floor and started to cry."

Sierra said he feels it's important to keep the image of his wife present for Tatiana.

"I don't want her to forget her mother," he said. "I show her pictures all the time, and I just bought a computer

camera so we can see each other."

Through pictures, e-mails and phone conversations, Harper said people can reach the ultimate goal, which is for relationships to remain solid during the separation.

"This is vital for young children," she said. "You don't want to hand a child back to a parent and have the child become hysterical because she thinks it's a stranger. Show pictures and talk about the parent all the time."

These reminders are just as important for school-age children.

"I keep a priority mail envelope on the kitchen table for my son, Jonathan," said Delana. "He draws pictures and writes letters, and whenever he feels like putting something in there, he does. I send it when it's full and buy another envelope so we can start over."

Harper said it's also important to ask for help when needed.

"The communication between a Soldier and family is every bit as important as the communication between the family and other avenues of assistance."

For information, visit the Military OneSource Web site at <http://www.militaryonesource.com> or call (800) 342-9647.

(Editor's note: Elaine Wilson serves with the Fort Sam Houston Public Information Office. She said Delana gave birth to a 6-pound, 6-ounce boy named Noah April 26. Due to mission requirements, her husband wasn't able to take leave for the birth.)

USFK Advance Element opens new headquarters

Area III Public Affairs

CAMP HUMPHREYS – The new Headquarters, U.S. Forces Korea Advance Element, opened here Friday in a brief ceremony. Presiding was Brig. Gen. Steven M. Anderson, deputy commanding general.

The opening is among the first steps in transforming Camp Humphreys into the primary Army installation in the Republic of Korea. Anderson will oversee the facility expansion and the movement of United States Forces Korea and other units and organizations from Seoul and other locations throughout Korea.

In addition, the general will work with the local government and communities to ease Camp Humphreys growth in the area.

The general said we have a vision of 45,000 military members and their families living and working in a great environment.

“We have a vision,” he said, “of a military post with state-of-the-art technologies, facilities, training areas, schools and housing areas in a friendly

community of Koreans and Americans.”

Anderson said that his headquarters will soon be staffed with experts in facility design, transportation planning, communications and architecture.

He pledged to work closely with local government officials and to keep the South Korean public informed as the transformation progresses. “I am excited about this move,” he said, “and I’m eager to establish and maintain visibility with servicemembers, civilian employees and the wonderful Korean people in the Camp Humphreys – Pyongtaek area.”

In addition to more than 40 local dignitaries, the general was joined at the ceremony by Lt. Gen. Charles C. Campbell, USFK chief of staff; Brig. Gen. H. T. Landwermeyer Jr., Installation Management Agency-Korea Region Office director; Col. Michael Taliento, Area III commander; Cheong Chang-seob, Gyeong-gi Province vice governor; and Song Myong-ho, Pyongtaek City mayor.

Among those representing the

Republic of Korea military were Maj. Gen. Kang Su-myong, Republic of Korea Ministry of National Defense, USFK

Relocation Support Division; and Maj. Gen. Chung Joong-suk, Combined Forces Command.



Brig. Gen. Steven M. Anderson

ROGER EDWARDS

Area III Public Affairs, AFN join for event

Training gives Soldiers practical media experience

Area III Public Affairs

CAMP HUMPHREYS – A typical field training exercise for Soldiers of the 52nd Ordnance Company took a sudden and unexpected twist May 10 when three smiling strangers approached the training area. The strangers, all wearing civilian clothing, made small talk, asked



questions about what the Soldiers were doing, how long they had been in Korea and their families back home. The strangers took photos, notes and video footage while they chatted. Without the Soldiers knowing it, training had shifted away from their job-specific skills to focus on interaction with news media.

Interaction with news media is one of the skills covered in the Soldiers Manual of Common Tasks and is designed to test the Soldier’s ability to “interact with news media when no public affairs practitioners are present.”

Capt. William T. Smith, the company commander, arranged the media visit with the U.S. Army Area III Support Activity Public Affairs Office and American Forces Network-Korea. His goal was to determine how prepared his Soldiers are to interact with the media and to provide specific guidance that can be used in a real-life situation.

Airman 1st Class Luka Dziubyna, AFN-Korea, posed as a TV reporter and demonstrated how reporters can record video without the subject being aware of it. He added that there are cameras and microphones that can be hidden in a man’s tie and video cameras that are focusing on and videotaping a scene while seemingly pointed in another direction.

Dziubyna advised Soldiers, “Whenever the media is around, act as if the cameras are already shooting and you are miked.”

He added that media engagement training is essential in today’s information age and provides invaluable tools for Soldiers in knowing what to say and how to say it. According to Dziubyna, reporters can take information from a variety of sources and weave it together to get a story.

“It was good training, but scary,” said Staff Sgt. Alfredo Lassise. He said he thought the unit should have media engagement training at least twice a year.

Pfc. Melvin Dillard was guarded in his responses. “At first I wanted to

answer [the questions], but knew I should refer up the chain of command,” he added.

(Editor’s note: Contact Area III PAO at 753-8598 to schedule or obtain more information about media engagement training.)



PHOTOS BY ROGER EDWARDS

At Left: Susan Barkley of Area III Public Affairs, chats with Staff Sgts. Jared K. Yang and Alfredo Lassise during their field training. The Soldiers are unaware of who she is or that their training has just shifted from their job-specific skills to media interaction.

Above: Airman 1st Class Luka Dziubyna of American Forces Network-Korea, shoots video of the training and demonstrates to the Soldiers that they might be filmed any time there is a camera in the area.

NEWS & NOTES

Newcomers Briefing

The monthly Newcomer's Briefing will be held in the Community Activity Center at 8 a.m. June 14. After a break for lunch, newcomers will enjoy a walking tour of Anjong-ri, the community outside Camp Humphreys Main Gate. For information, call 753-69901 or 753-8401.

BOSS Beach Blast

The Better Opportunities for Single and unaccompanied Soldiers Beach Blast will be held at Pusan, June 4 and 5.

Transportation will be provided, with a bus leaving Camp Humphreys CAC at 6 a.m. June 4 and returning at 10 p.m. June 5. Cost is \$30 per person and includes transportation, admission to all events and Sunday Barbecue. Not included are lodging, meals and souvenirs. Deadline for sign-up is June 1. For information, call 753-8825 or 753-8828.

Memorial Day Events

Events celebrating Memorial Day are planned for installations throughout Area III this weekend. A list of activities includes:

Camp Long

Korean Style Pool Tournament 7 p.m. May 27, at the CAC. For information, call 721-3386

Chuncheon International Mime Festival 9 a.m. May 28, at the CAC. For information, call 721-3386.

"Magic" Role-Playing Game 2 p.m. May 29, at the CAC. For information, call 721-3386

4x4 Volleyball Tournament 11 a.m. May 29, at the gym. For information, call 721-2515.

3-on-3 Basketball 6 p.m. May 30, at the outdoor court. For information, call 721-2515.

Camp Eagle

5K Run, May 30.

Racquetball Tournament 6 p.m. May 30, at the gym.

One-Pitch Softball Tournament May 30. For information on Camp Eagle events, call 721-2515.

Camp Humphreys

Area III Racquetball Tournament May 28-30 at the gym. For information, call 753-8810.

One-Pitch Softball Tournament May 28-30 at Soldiers Park. For information, call 753-8810

Memorial Day Run and "Beat the BG Challenge." 8 a.m. 30 May, at the gym. For information, call 753-8810.

BOSS stages 'Block Party' at Humphreys

Area III Public Affairs

Better Opportunities for Single and unaccompanied Soldiers threw a "Block Party" May 14, at the Camp Humphreys Community Activity Center parking lot. The event drew more than 400 visitors and raised in excess of \$150 for future BOSS projects.

Scheduled Area III BOSS events in June include an All Night Party at the CAC on the 10th, an Everland Theme Park trip on the 18th, a Youth Lock-in Party at the Youth Center on the 24th, and a "Party on the Block" party at the CAC parking lot on the 25th.

BOSS has also scheduled a Fourth of July Festival on the Post Exchange parking lot for July 2 and 3.



Above: Area III BOSS President Pfc. Christopher Mastromarino and Command Sgt. Maj. Robert Frace work the microphones encouraging visitors to participate in Block Party events such as the "Fear Factor" contest featuring aquatic life.

Below: One of the day's more popular events was trying to drop Area III Commander, Col. Michael Taliento, into the dunking tank. Those who missed owed the colonel 10 push-ups per ball.



AREA III ROUNDUP



Chief Warrant Officer 2 Richard Call, Company G, 52nd Aviation Regiment executive officer, poses with the company guidon at the top of 4,000-foot-high Mount Briobong. Call and Company Commander, Maj. Perry Orr, returned the guidon to where it was uncased in 1996 in a redesignation ceremony at the same point. Co. G was inactivated from service in a ceremony at Camp Eagle May 17.



American Embassy staff members William Dowers and Mary Cabiao present a seminar at Camp Humphreys May 18, providing information on immigration, marriage, visas, etc., for those planning to marry. It was sponsored by Army Community Service.



Pfc. Elizabeth Sydnor, a petroleum laboratory specialist with the 348th Quartermaster Company, 194th Maintenance Battalion signed on to her Army Knowledge Online account April 13 and won an Apple iPod Shuffle for being the 300-millionth person to log in. "I've been taking courses through AKO," she said, "but was just checking my e-mail when this happened."



Cho Mi-ae, Popeyes' Food Activity manager at Camp Humphreys speaks at the Area III observance of Asian Pacific Heritage Month May 20. H. Lee Holloway, general manager, Korea Central Exchange also spoke.



Maj. Gen. George Higgins, 2nd Infantry Division commanding general, makes his lunch selection from the serving line at 6th Cavalry's Black Horse Inn dining facility May 19. The general was visiting 6th Cav., which became attached to 2nd ID May 16. During his visit, Higgins dined with 6th Cav. staff at the dining facility, and toured the flight simulator facility and the dunker. The 6th Cav. will be redesignated the 2nd Multifunctional Aviation Brigade June 16.



Alpha Company (Blackcats), 2nd Battalion, 52nd Aviation Regiment, is reflaged during an April 25 ceremony before leaving for their new assignment with the 1st Cavalry Division at Fort Hood, Texas. The move ends 32 years of service in the Republic of Korea.

New Area III memorandum defines safe motorcycle riding

Area III Public Affairs
CAMP HUMPHREYS – Area III Memorandum #69, dated May 9 and signed by Col. Michael Taliento Jr., imposes additional safety, health and welfare measures on all personnel operating motorcycles and mopeds on Area III installations.

In addition to the machines being properly inspected and registered, riders must use protective equipment while riding. That equipment is a properly fastened approved helmet meeting Department of Transportation standards, eye protection (either clear goggles or a face shield attached to the helmet), full-fingered gloves, long trousers, long-sleeved shirt or jacket, high-visibility retroreflective vest (bright colors for day and reflective for night) and leather boots or over-the-ankle shoes. Reflective belts, arm bands or sleevelets may not be used in lieu of reflective vests.

Motorcycles and mopeds must have two rearview mirrors (one mirror on each side) and the headlight turned on at all times (regardless of engine size).

All other privately owned two-, three- and four-wheeled motorized vehicles (skateboards, scooters, kickboards, ATVs, etc) are not authorized.



Can you spot the safety violations? The pictures to the far right and far left above contain safety violations for both motorcycle and bicycle riders. The pictures in the center illustrate safe riders. The first five Area III Soldiers, civilian employees or family members to correctly identify the safety violations for both motorcycle and bicycle will receive a prize from the Area III command sergeant major. E-mail the violations you discover to Command Sgt. Maj. Robert Frace at FraceR@korea.army.mil.

Did you change the date on Pg. 24?

Ad goes here

Ad goes here

Area IV unveils two sparkling facilities in one week

By Galen Putnam

Area IV Public Affairs

CAMP WALKER – After years of planning and anticipation, two sparkling facilities offering an array of amenities to the Daegu community have opened on Camp Walker within a week's span.

Following an extensive, \$1.5 million top-to-bottom renovation, the Community Activities Center reopened to the public in a ceremony held May 16. In addition, the new 6,475 square-foot Teen Center, an addition to the Child and Youth Services Center, was unveiled in a ceremony May 20.

The CAC, once referred to in a Stars and Stripes article as Camp Walker's "off-duty heart" underwent a complete makeover. The building was stripped down to its bare bones and rebuilt into a gleaming new showcase boasting an array of top shelf features. Upgrades include converting the former television lounge area to a state-of-the-art media room; providing new soundproof booths for playing musical instruments; creating an area for matting and framing awards, art and photographs; and adding a space for community meetings.

In addition, the CAC features three new pool tables, three new ping-pong tables, two new foosball tables and a new air hockey table and stacks of new board games. The key word here is new; virtually everything other than the building's frame is fresh from the carton. From the Ludwig drum set in one of the three soundproof music rooms to the gigantic flat screen televisions with Bose sound systems in the viewing and meeting rooms to the tips on the pool cues, everything is new.

"This is awesome," said Pfc. Park Yong-kam, Headquarters and Headquarters Company, 19th Theater Support Command. "The (pool) tables are really nice. Even the cues have never been used."



GALEN PUTNAM

Pfc. Park Yong-kam (left) and Pvt. Kim Pil-koo, both from Headquarters and Headquarters Company, 19th Theater Support Command, shoot a game of pool at the newly renovated Community Activities Center on Camp Walker.

The CAC, originally opened in November 1983, had been slated for renovation on several occasions over the past couple of years but funding constraints and other issues sidetracked the effort until now.

According to patrons, the wait has been well worth it.

"I'm surprised. The rooms are really big and there is a good atmosphere," said Pvt. Kim Pil-koo, HHC, 19th TSC. "I think I would like to come here every day."

Others agreed.

"I really like it. It is nice having new equipment," said Pfc. Steven Smith, also from HHC, 19th TSC. "The style is really new and fresh. It is something young adults can relate to."

The Camp Walker library, housed on the second floor of the building, was fully renovated as well in a separate but related project. The library reopened March 1, 2005.

See **Openings**, Page 28

Camp Carroll salutes Good Neighbors for dedication, service

By Kevin Jackson

Area IV Public Affairs

CAMP CARROLL – A Chilgok County elected official who provided financial support for Camp Carroll to hold its first English Camp last January was among three people recognized as a "Good Neighbor" at the Community Activities Center here May 20.

Bae Sang-do, governor of Chilgok County, was presented an Area IV Support Activity – Camp Carroll Good Neighbor Award, along with Jang Geon-jin, superintendent of the Chilgok County Education Office, and Kim Ja-yong, a longtime Camp Carroll Chapel volunteer. Each of the recipients received a specially mounted and framed certificate with a commander's coin for excellence.

"Each day your kindness toward Americans enriches our lives and truly makes Korea the best place to live, work and serve. Korea is definitely one of the premiere assignments of choice for U.S. servicemembers," Col. Donald J. Hendrix, Area IV Support Activity commander, said to the awardees and others attending the ceremony.



Bae has been the county's governor since July 2002. Since he took office he has sought opportunities to partner with Camp Carroll, including serving as one of the inaugural Camp Carroll Commander's Advisory Council members. He also supported the English Camp by paying for the students' lunches for the week.

Chilgok County was designated a lifelong open education county by the Republic of Korea government, which enabled the governor to not only provide funding this past year, but to promise to

do so each year the installation hosts the event.

Jang is the county's superintendent of education. He also played a pivotal role in the success of Camp Carroll's first-ever English Camp. He assisted with the selection of 45 students and 11 middle and high school teachers from Chilgok County.

Jang was acknowledged for his efforts and vision to improve Korean and American relations through learning.

Kim is no stranger to Camp Carroll. She has been a volunteer at the Camp Carroll Chapel for the Korean Augmentation to the U.S. Army congregation since 1997. She was praised for assisting with the KATUSA service by playing the piano, helping to prepare fellowship dinners and for supporting special programs such as retreats.

"While these awards were presented for this year, in many instances the honorees have been longtime and even lifelong supporters of not only the U.S. Army in Waegwan, but also the Republic of Korea and United States alliance. Our alliance is what it is today

in no small part because of their goodwill and generosity," said Wilfred J. Plumley, Camp Carroll installation manager and event host.

Plumley also acknowledged two other Waegwan citizens for their goodwill. Area IV Support Activity – Camp Carroll certificates of appreciation were presented to Jo Jin-hyon, former president of the Waegwan Lions Club, and Um Do-soon, former president of the Waegwan Rotary Club, both of whom are Commander's Advisory Council members.

Hendrix also seized the opportunity to simultaneously recognize a member of his staff. He presented a Commander's Award for Civilian Service to Pak Chong-ku, Area IV Support Activity – Camp Carroll community relations officer.

In addition to contributing to the Area IV Support Activity Good Neighbor Program being named the best worldwide in the 5th Annual Army Community Relations of Excellence Program, Pak also received third place individual honors.

NEWS & NOTES

Pusan American School Art Festival

The Pusan American School Art in the Park Festival will be at 1 p.m. today at the school. The event is open to kindergarten to 6th-grade students, their parents and community members. Activities include Japanese fish printmaking, necklace making, face painting and more. Participation fee is \$3.50 or 4,000 won. For information, call Nancy Magoon at 763-7528.

Equal Opportunity Representative Course

The Area IV Equal Opportunity Office is offering an Equal Opportunity Representative course June 13 – 24. Registration deadline is Wednesday. To sign up or for information, call Master Sgt. Matt DeLay at 768-8972, Sgt. 1st Class Stephanie Buxton at 768-8542 or Sgt. 1st Class Monte Tartt at 765-8692.

Food Handler Certification

The 154th Medical Detachment is offering a food handler certification class June 20. Registration deadline is June 7. All Soldiers and patrons handling or serving food at public events are required to have the food handler certification. To sign up or for information, call Staff Sgt. Victoria Cobaris at 764-4618.

Army Birthday Celebration

This year's Area IV Army Birthday Celebration, open to all Area IV personnel and family members, is scheduled to kick off at 7 a.m. June 14, on Kelly Field at Camp Walker. The all-day event will feature sporting events and games culminating with the presentation of awards and the Commander's Cup. Other events include a streamer ceremony, barbecue, Republic of Korea Army Honor Guard performance, martial arts demonstration and more. Details are available at <http://19tsc.korea.army.mil> under "Hot Topics."

Army Birthday Ball

The U.S. Army's 230th Birthday Ball-South will be 6 p.m., June 18 at the GS Plaza Hotel in Daegu. Tickets for meals are \$35, or \$30 for vegetarian meals. For information, contact your unit representative or call Sgt. Maj. Shirley Kerlegan at 768-7423 or Sgt. Maj. Carey Grant at 768-8363. More details are available at <http://19tsc.korea.army.mil> under "Hot Topics."

Sure Start

The Taegu American School Sure Start program is accepting applications for fall 2005. Children must be four years of age or older by Oct. 31. Applicants must be military command sponsored and have ranks between E-1 and E-4. Class size is limited. Applications are due by Sept. 2. For information, call the school at 768-9501.

Camp Walker opens gates to locals

Neighbors visit for Armed Forces Day, Cancer Awareness Running Event



Guests react during a performance by the Republic of Korea's 50th Homeland Reserve Division Band.



Jake Williams takes charge of one of the three Area IV fire trucks on display at the event.



PHOTOS BY GALEN PUTNAM

Members of the Second Republic of Korea Army Honor Guard perform during Armed Forces Day festivities at the Camp Walker Heliport H-805 Saturday.



The day kicked off with the Cancer Awareness Running Event sponsored by the 168th Medical Battalion.



Korean media snap photos of a 728th Military Police Battalion Special Reaction Team member.



A member of the Republic of Korea Army's 201st Special Forces Commando Brigade soars over a group of comrades during their martial arts demonstration.



A Korean guest listens to a friend on Sgt. 1st Class Isiah Johnson's radio.

Take That



GALEN PUTNAM

Andrew Cheeseman from Pusan American School takes one for the team against Taejon International Christian School in a 3-0 loss during preliminary play of the Far East High School Boys Class A Soccer Tournament at Camp Walker's Kelly Field May 19. The Osan American School topped TICS 3-2 in the final to take first place. In the Far East High School Girls Class A Soccer Tournament held at Camp Hialeah, Osan topped the host Pusan American School Panthers 1-0 in the championship match.

NEWS & NOTES

Rape, Drug and Fraud Briefings

The 20th Military Police Detachment (Criminal Investigation Division) on Camp Henry offers rape, drug and fraud awareness briefings upon request. All commanders and first sergeants are encouraged to schedule these briefings for the unit. To schedule a briefing or for information, call James Seaton at 768-8225.

Korea Theater Support Center

If you are experiencing computer problems at work, the Korea Theater Support Center can solve your technical issues. Dial TECH (8324) from any DSN phone for technical support. For information, call 2nd Lt. Frank Barrell at 764-4433.

RESUMIX Training

The Employment Readiness Program at the Camp Henry Army Community Service is offering hands-on RESUMIX training. For information or an appointment, call Lettie Villarosa at 768-7951.

Warden Messages Sent to Cell Phones

The U.S. Embassy is launching a new way to inform American citizens of security related matters. Any security related information such as warden messages, travel warnings, and public announcements can now be sent to cell phones as text messages.

To receive a text message on your cell phone, visit www.askconsul.org and type your cell phone number, choose "subscribe" and press "submit." For information, send an e-mail to seoul_acs@state.gov.

Travel Voucher Submission

Travel vouchers submitted to any Area IV finance office must include the original voucher and two copies. For information, call Staff Sgt. Stacy Drexel at 768-7022.

Ad goes here

Openings

“The Community Activities Center is an integral and important part of life for our Soldiers, civilians and their family members,” said Command Sgt. Maj. Larry C. Taylor, 19th TSC command sergeant major, at the reopening ceremony. “It provides us with a place to relax, meet with our friends and engage in a variety of off-duty activities.”

For the community’s not-quite-young-adults, the new \$1.8 million Child and Youth Services Teen Center offers a dedicated space for teens to hold events and just hang out.

The new wing offers dramatically improved amenities for the teens in the community. It includes two new multipurpose rooms for dances, ballet classes, training and a variety of other programs; a disc jockey booth; a separate computer lab for homework; and a television lounge room.

The new wing also creates more storage space in the gymnasium and provides the CYS staff with more office and training space.

“A major problem in the past has been not having a place to go. About the only place teens could hang out was at the gym,” said Betsy Lubuag, 16, Keystone Club president. “This has so much more to offer than the places we had to go before. This will give us a good place to meet, have



GALEN PUTNAM

Col. Donald J. Hendrix, Area IV Support Activity commander, returns a shot during a game of table tennis at the grand opening festivities of the new Camp Walker Teen Center May 20.

dances and lock-ins and do all kinds of other things.”

Adding the new teen center wing also provides reciprocal relief for the community, which has a very limited amount of space for groups to meet to conduct their business. The old Images Teen Center will now be converted to and used as space for community meetings.

“The important thing is that the teens not only have a place to call their own, they have complete say as far as setting the rules and determining what kind of events they would like

to hold,” said Tiffany Harris, Child and Youth Services middle school and teen education technician. “That gives them a lot of responsibility and a sense of ownership. This is a fantastic facility and it is going to open a lot of doors for our teens.”

Speaking of doors, the center has been dubbed “The Back Door” by members of the Keystone Club, a teen group that falls under the auspice of the Boys and Girls Clubs of America and 4H. The name alludes to the informality of entering a friend or relative’s home through the back door,

welcomed as a member of the immediate family.

“This is really big. There is a lot of space for us to hold activities, hang out and have fun,” said Vicki Herrmann, 16, Keystone Club vice president. “When people learn about how nice it is here, more people will start coming.”

“There are a lot of resources for teens here,” said Brittani Ferguson, 16. “They really did a good job. I don’t think we could have asked for anything more.”

“I want to encourage the teenagers in our community to make full use of this fabulous new (facility) and all of the programs offered by Child and Youth Services,” said Col. Donald J. Hendrix, Area IV Support Activity commander at the dedication ceremony. “This is your teen center – and it will be what you make it.”

Both projects were funded with non-appropriated funds provided by the Directorate of Morale, Welfare and Recreation.

“We are fortunate to offer our community two great facilities in one week,” said Don Cannata, director of Area IV Support Activity MWR. “These facilities offer a number or recreational opportunities not only to teens, but the community as a whole. We encourage everyone to take full advantage of what they have to offer.”

Ad goes here

천식에 대하여

일병 서기철

기관지천식이란 우리 폐내의 기관지가 간헐적으로 협착을 일으킴에 따라 호흡곤란, 기침, 천명(‘쌽쌽’ 혹은 ‘가르랑 가르랑’ 대는 거친 호흡음)의 증상이 반복적으로 발생하는 질병으로 기관지가 어떤 원인에 의해 좁아진 상태를 말한다.

천식의 증상 중에서 가장 특징적인 것은 기침과 호흡곤란이 빈번하게 나타나는 것이며 발작 시 환자들은 마른기침과 흉부 압박감을 느끼게 된다.

천식환자들은 심할 때에는 호흡곤란으로 인하여 입술이나 손톱이 새파랗게 되는 청색증(cyanosis)이 나타나기도 하고, 말도 잘 못할 정도로 심하며 심한 피로증세에 동반하여 불안, 혼란 등의 정신적인 변화까지 일으킬 수 있다.

이번호에서는 봄철 꽃가루나 황사 등으로 인해 자주 발생하는 천식의 예방법에 대하여 알아보도록 하자.

**천식 발작 시 행동요령

갑자기 천식발작을 일으킬 땐 숨을 내쉬는 시간이 상당히 길어지고, 천명이 들린다.

심할 땐 생명을 잃을 위험도 있으므로 응급처치가 중요하다. 응급처치는 호흡을 편하게 해주는 데 최우선 목표를 둔다. 필요하면 의사의 도움을 받도록 해야 한다.

※응급처치요령

① 환자를 안심시켜 마음을 평온하게 해준다.

② 상체를 비스듬히 세워주어 안정을 취하게 하면 숨이 덜 차게 된다.

③ 방안을 환기시켜 신선한 공기를 마시게 한다.

④ 미지근한 물을 마시게 하거나 호흡을 길게 내쉬도록 옆에서 도와준다

⑤ 환자가 사용하는 약이 있으면 사용하게 한다.

— 평소 집에서 사용하던 1차적인 치료방법을 사용해본다.

⑥ 매 10분 간격으로 환자의 호흡과 맥박을 점검한다.

⑦ 만일 발작시간이 길어지거나 약을 먹어도 좋아지지 않는 등 호흡곤란 증세가 심할 경우엔 응급전화로 구조를 요청한다.

**기관지 천식의 주의사항

— 물 섭취를 충분히 하고 증기를 들이마시면, 가래를 묽게하여 기도에서 가래가 쉽게 배출될 수 있다.

— 수분을 충분히 섭취하되, 식전 30분과 식후 1시간 30분에 마시는 것이 소화에 좋다.

— 심신의 안정을 취하고, 적당한 운동(특히 수영)을 규칙적으로 하는 것이 좋다.

— 과식하지 마시고, 자연식을 하는 것이 좋다.

— 너무 차거나 뜨거운 음식, 짜거나 매운 자극적인 음식을 피한다.

— 알러지를 일으킬 수 있는 우유, 밀가루, 계란, 초콜렛, 첨가물이 많이 든 가공식품의 섭취를 피한다.

**천식예방을 위한 민간요법

1) 무, 물엿: 무를 잘게 썰어서 물엿 속에 담구어 둔다. 이때에 생기는 물과 물엿을 같이 섞어서 한잔씩 먹는다. 또는 끓는 물에 풀어서 먹어도 된다. 기침이 심하면서 숨쉬기 힘들 때에 먹으면 뚜렷한 효과를 본다.

2) 배, 파흔밀(총백): 천식으로 숨이 가쁠 때 배 2개로 즙을 내어 그 속에 파의 흰밀동 5개를 섞어 약간 끓여서 여러 번에 나누어 먹는다.

열이 있고 기침이 나면서 숨이 찰 때 배를 먹으면 기침도 멎게 되고 열도 내리면서 숨쉬기가 편해진다.

3) 오미자, 살구씨(행인): 오미자 20g, 살구씨 5개에 물 500ml를 넣고 절반이 되게 달인 것을 하루 3번에 나누어 식사 뒤에 먹는다.

오미자는 폐를 보하는 작용, 기침멎이, 숨찬 것을 낫게 하는 작용이 있는데 살구씨와 같이 쓰면 이 작용이 더 잘 나타난다.

4) 영지: 12g을 물 100ml에 넣고 달여 하루 2번에 나누어 먹는다.

영지는 진정작용, 기침멎이작용 등이 있으므로 폐 및 심장 질병으로 오는 호흡곤란 때 쓴다.

5) 도라지(길경): 가루내어 한번에 8-12g씩 하루 2-3번 물에 달여 설탕을 알맞게 타서 먹는다.

**천식예방법

1) 감기는 천식증상을 악화, 재발시키기 때문에 빨리 치료하는 것이 중요하다.

2) 호르몬제 사용은 중독성이 있어 의존하게 되기 때문에 근본적인 치료에 임하려는 마음을 갖는 것이 중요하다.

3) 흡입제 사용의 적절한 사용시기는 기침이 유발되고 난 후가 아니라, 호흡곤란이 유발되려는 기미가 느껴질 때 사전에 사용하는 것이 효과적이다.

4) 꽃가루, 먼지, 솜털(애완동물)같은 물질은 기관지를 자극하기 때문에 피한다.

5) 심한 바람, 찬 공기는 기도를 자극해서 천식을 악화 시키므로 적당한 실내온도 및 습도를 유지하도록 한다.

6) 목욕하고나서는 몸에 물기를 완전히 제거한 후 외출해야 한다.

7) 금연한다.

8) 후추같은 자극적인 첨가물은 피한다.

9) 스트레스는 기관지 수축을 일으켜 천식을 유발한다.

10) 가벼운 운동, 명량한 기분은 천식치료에 도움이 된다.

This article is about
“Tips for preventing
Asthma.”

Learn Korean Easily



Language Instructor
Minsook Kwon



“Johm sheep-see-dah.”

“Let’s take a break.”

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh		yeh		weh	wah	wuh	wee		ui		

Word of the week

말씀

ㅁ ; m, ㅏ ; ah, ㄹ ; l /
ㅆ ; s, ㅡ ; ue, ㅁ ; m
‘mahl-suem’

sound/talking

The phrase of the week

“That sounds great.”

좋은 말씀이십니다.

Jo-uen mahl-suem ee-sheem-nee-dah.

great

sounds

That

Conversation of the week

너무 많이 (걸었어요).
Noe-moo mah-nee
(goe-roe-soe-yo).

We have been (walking) for a long time.

정말입니다.
Joeng-mahl-eem-nee-dah.

You bet.

피곤하세요?
Pee-gohn-hah-seh-yo?

Are you tired?

네.
Neh.

Yes, I am.

좀 쉬어야겠습니다.
Johm shee-oe-yah
-geh-suem-nee-dah.

We need to take a break.

좋습니다.
Jo-suem-nee-dah.

That would be fine.

(일했어요) (ee l - heh - soe - yo) (worked)

(공부했어요) (gohng - boo - heh - soe - yo) (studied)

Share this column with a Korean co-worker.